

Exhilarating  
softball  
play from  
Navy  
Recruiting  
Command  
Xcelerators

The Navy Recruiting Command Xcelerators are this year's intramural softball champion in the MWR intramurals program. For more photos of the action in tournament play, see page 7 inside.



PH3 Joseph M. Bullayacphoto

Pictured above are the NSA Mid-South intramural softball champions, the Navy Recruiting Command “Xcelerators.” Top row: Nick Shields, Terence Phillips, Frank Warranch, Walter Beeghly, Mike Hogan, Matt Hinkle, Frank Tardungo, Jacob Thompson, James Perrine, Russ Morrow, Frank Magnotta, Billy Ray Cowan. Bottom row: Danny Howard, Ken Reid, Kevin Hampton, Ginny Crate, Warren Garrett, Tim Brady (holding jersey of Robert Doss), Russ Morrow Jr.

More employee input sought to shape NSPS

By Donna Miles  
American Forces Press Service

Civil service employees who will soon come under the new National Security Personnel System have another opportunity to help shape the program.

The new National Security Personnel System Factor Survey gives General Schedule employees the chance to register their views about several performance factors identified for inclusion in the new personnel system.

“Now we need your assistance to ensure that these performance factors are relevant and reflect work that you personally perform on your job,” Acting Deputy Secretary of Defense Gordon England wrote in a June 29 memo to Department of Defense (DoD) civilian employees.

England emphasized the importance of the survey in his memo. While stressing that participation is voluntary, he urged civil service employees to participate. “I thank you for your feedback and participation in the NSPS design process

thus far,” he wrote. “We still need your help.”

The survey period began July 6 and continues through July 20.

Charles Abell, principal deputy undersecretary of defense for personnel and readiness, urged employees to take the 15 or 20 minutes required to complete the online survey to ensure that their views are known.

Views expressed in the survey will have long-term implications, Abell said during an interview July 6 with the Pentagon Channel. The results will help program implementers determine what factors will be used to evaluate employees’ job performance for the next 15 or 20 years, he said.

“It’s an opportunity for [employees] to have a voice in the system that they are going to be living under and to make sure that we get it right,” said Mary Lacey, program executive officer for the National Security Personnel System.

Lacey said system designers are particularly interested in hearing from civil service employees who have been part of DoD personnel

demonstration programs. “They bring to the table real experience in a system that has National Security Personnel System-like features,” she said. “So we think their input will be incredibly valuable.”

Meanwhile, progress continues in putting the new personnel system in place. The current goal is to publish the final regulations in the Federal Register by summer’s end and begin bringing the first employees into the system by the end of the fiscal year, Lacey said.

Once in place, the new personnel system is expected to benefit the Defense Department and its civilian employees alike by doing away with outdated, bureaucratic policies.

“DoD is a dynamic institution,” Abell said. “Our mission has changed, our focus has changed, and this will allow the civilian-employee workplace to change with that changing mission and changing focus of our leadership.”

One of the system’s key features is a pay-for-performance plan that rewards and recognizes individual performance and contributions.

The new system also will enable employees to get more involved in their individual career development, with broad pay bands and occupational groupings giving them more flexibility to shape their careers, Lacey said.

The result, Abell said, will be a workplace that’s “more productive [and more] efficient, with our jobs aligned with our mission.” Once the system is implemented, DoD “ought to be a happier place to live and work,” he said.

New housing allowance guidelines  
won’t result in pay cut

By Army Sgt. Sara Wood, American Forces Press Service

Defense officials are eliminating the “geographic rate protection” clause that ensures service members moving to a new area receive the same housing allowance as those already living there.

Geographic rate protection is expiring in January because Basic Allowance for Housing (BAH) rates have reached a level where service members no longer have to pay out-of-pocket expenses for housing, said Air Force Col. Virginia Penrod, Department of Defense director of military compensation.

Any rate cut from year to year will not negatively affect service members who are remaining in the area where they already receive BAH, she noted.

Penrod stressed that the BAH rate is set at the average housing cost for the area. Rates are further set based on military rank, with each pay grade level having a set acceptable standard of housing. Service members may still have to pay some out-of-pocket expenses if they choose to live above that level. Conversely, if service members choose to live below the average level, they will still receive the same BAH rate.

Troops still have “individual rate protection” as long as they stay within the same geographic area. If average housing costs in a given geographic area go down, troops already living in that area continue to receive the higher amount. However, troops moving into that area receive the lower amount. Geographic rate protection was a temporary protection put into effect to prevent troops of the same pay grade living in the same area from getting different amounts of housing allowance.

Rate protection was instituted in 2000 to ensure troops’ BAH rates were the same among like-pay grade individuals living in the same area while troops were still paying part of their own housing expenses, Penrod explained. Now that BAH rates are high enough to cover servicemembers’ entire housing expenses, geographic rate protection isn’t necessary, she said.

“It was a short-term program,” she said. “We always had in our minds that we would eliminate the protection once the out-of-pocket (expenses) went to zero.”

Under the new BAH guidelines, a service member moving to a new area will receive the appropriate BAH rate for that area, regardless of whether troops already living there are receiving a higher rate, she said.

Each year, BAH rates are adjusted with input from military housing offices in the area, Penrod said. If it is found the rate needs to be increased, all service members living in that area will receive the increase.

Newsbriefs

Diamonds softball game cancelled

The Harlem Diamonds Softball Game scheduled for Thursday, July 21st at the northside Athletic Complex has been cancelled.

CONSEP career workshop

The Career Options and Navy Skills Evaluation Program (CONSEP) First-Term Career Acceleration Workshop will be conducted July 25-28 by the Fleet and Family Support Center. This course is an exciting new lifecycle approach to career change and transition education. Students are introduced to the techniques of parallel career development modeled from commercial business plans. Students create their company, “ME, Inc.,” and use business principles including a mission statement, company vision, product identification, financial strategy (with profit margins, product development, and marketing) as a foundation to structure the further development of ME, Inc. Graduates are eligible for two college credits from the University of Colorado at Denver. If you have between two and six years of active duty service and desire to sign up for this course, contact your career counselor today. For additional information, call Lisa Allen, FFSC Education Services Facilitator, at 874-7520 or e-mail lisa.allen1@navy.mil.

ABMA conference

The 35th Annual Aviation Boatswain’s Mate Association (ABMA)-Sponsored Professional Working Group Conference will be held Aug. 1-6 at the Doubletree Hotel, 1900 Pavilion Dr., Virginia Beach, Va., 23451. The ABMA Tidewater Chapter will host the conference. Rooms have been blocked for the ABMA from July 30-Aug. 7. Check-in for military active duty and Defense Department civilian personnel on temporary or temporary additional duty orders will be from noon-5 p.m. Monday, Aug. 1. Committee workshops will be conducted throughout the week, ending with a picnic on Saturday, Aug. 6. NSA Mid-South point of contact is ABCM (SW/AV) Charles at 874-3686. For hotel reservations, call 1-800-222-TREE (8733); or fax (757) 422-0039. The hotel Web site is www.doubletree.com.

Pool closing

The MWR All Hands Pool will close at 5 p.m. July 23 for a command function. The recreational swim will be held that day from noon-5 p.m.

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society has existed since 1904, helping nearly 4 million Sailors, Marines, and their families with more than \$1 billion in interest-free loans and grants. The NMCRS is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Appointments are encouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.



Photo courtesy of The Millington Star

Hooray for the home team

U.S. Army National Guard 1171st Transportation Co. basks in the recognition as they roll down Navy Road during last Saturday’s “Welcome Home Troops” parade in Millington, sponsored by the Military Veterans Motorcycle Club. The unit, part of which is headquartered in Millington, served in Iraq for about a year and returned in March. About 40 groups participated in the parade.

# Commentary

## Speaking for the fleet

### Don't wait: get your education now

By FLTCM(AW/SW) Rick West  
Fleet Master Chief Petty Officer  
U.S. Fleet Forces Command  
(Pacific)

In the past it wasn't an easy task to see where you stand in obtaining a higher education degree. I hope that after you read this article, you will see just how easy the Navy has made it for you to map out where you are and where you need to go to complete a degree.

Historically, when asking a group at an "all hands call" if they have advanced education, you would see very few hands being raised. As of late, when you ask the same question to the same group, you will have at least half and maybe more that will raise their hands.

A college education should be the goal of every enlisted Sailor -- whether you're doing a one-enlistment commitment or planning on retiring, you will still need a job after your time in the Navy.

Though we are constantly pushing to increase the standard and quality of life for our Sailors, the standard of living at the minimum-wage level is

tough.

For instance, an E-1 right out of high school makes \$13,712.40 in annual base pay. Their civilian counterpart, a high-school graduate working a full-time, minimum-wage job, makes roughly \$10,712 a year, and the civilian has to pay rent, medical and dental bills, and doesn't get compensated for food costs or cost of living.

So, to continue life at the level the Navy provides or better, higher education should be at the forefront of your planning for the future.

I have heard so many Sailors state that money for college was a defining factor in their decision to join the military. Yet many of these same Sailors often do not complete a single class while in the military, and simply waste time and money after they get out of the service, completing a degree.

Why not take advantage of the money that the government has set aside for you to take a college course? What benefit is there in using your GI Bill or Navy College Fund for the courses you could have completed through Tuition Assistance or credit by exam when you can save that money for a higher goal?

Perhaps you are thinking you joined

the military because college wasn't for you. But some - times you need to make concessions for your family and lifestyle. College takes time and effort, but the rewards greatly outweigh the costs.

People have said to me, "Master Chief, I'm in Hawaii -- I don't want to sit in a classroom when I could be at the beach. I'll work on it later."

And, predictably, later never comes. More than ever, today's colleges are willing to work with the working adult. From the boom in distance learning programs and classes to schools that accept work experience for credit and require no classes to be taken with the school, colleges are more accessible than ever.

I know you have all heard of the many ways to work on your degree -- attending courses at schools or on base, via distance learning, credit by exam, credit for experience, etc.



West

ence, etc.

So I am not going to review the programs the military has for you to work on an education. Instead, I'm going to present you a challenge. I want each and every one of you to take one step in working on your degree.

You could do something as simple as having your SMART (Sailor/Marine American Registry Transcript) evaluated by a school to see exactly what you need to complete your degree -- you could be very surprised with how many credits you already have. Or you could take the plunge and get your Tuition Assistance form filled out and start your first class. Or you could sign up for a CLEP exam and see exactly how easy it is to acquire credits -- all it takes is some study time and a couple of hours for an exam.

Can you read and interpret a poem or a literature passage? Try "Analyzing and Interpreting Literature" for six credits. Do you come from a Spanish-speaking home? Try the Spanish language exam for up to 12 credits.

I know individuals whose life experience was so great and varied, they only needed to review the topics to pass and get credit from many of the exams available.

I really want you to take on my challenge: take that first step toward your degree, regardless of what your plans are for after the Navy. There is no reason you, too, cannot get your degree like so many of your shipmates have, without hassle, to help secure your place in an increasingly competitive job market. You might be surprised how easy it is and how much you enjoy it once you begin.

Now, with the above said, I'm going to tell you just how easy it is to evaluate where you're at on the Education Road Map. First log onto Navy Knowledge Online (NKO) and under the Learning tab click on SMART transcript.

I know you're working hard and have performance qualification standards, maintenance and qualifications to complete, but I also know if you want this bad enough, it will happen. HOO YA!

## Chaplain's corner

### God shed his grace on thee

By Chaplain Alan Cochet

It was the bombing in London last week -- the cruel and cowardly attack of terrorists on innocent and unsuspecting civilians -- that brought floods of memories to my mind ...

Memories of 9/11 and of wondering around the ruins of the World Trade Center in New York City, then sitting in the small Episcopal church that sits in what was the shadows of the towers and praying for our nation and the families of the many lost ... and thanking God for the courage and tirelessness of the rescue workers and volunteers.

It brought back memories of the burning Pentagon and the flag unfurled on the roof as a reminder of heroism and freedom ... memories of a plane crash in Pennsylvania brought about by bold and brave passengers who gave their lives to save others.

In the Capitol building in Washington, in a small room set aside for prayer and meditation for our national leaders, is a stained-glass window. In that window is a picture of our first president, George Washington, kneeling in prayer. Surrounding him are these words from Psalm 16:1: "Preserve me, O God, for in thee do I put my trust."

In these days of war, of terrorism and of trials, may we put our trust in God, and may he preserve us by his grace.

## Gulf hurricanes affect more than shoreline

When the Mid-South feels the effects of tropical storms on the Gulf Coast, like we did this week with Hurricane Dennis, sudden power outages can occur. These can be frustrating and troublesome, especially if they are prolonged. Also, flooding is a danger in low-lying areas. The following are some steps to take in the event of either emergency, as issued by the Memphis chapter of the American Red Cross:

### Power outage/food preservation

Perishable food should not be held above 40 degrees for more than two hours. If the power outage lasts two hours or less, you need not be concerned, but how do you save your food in the refrigerator if the power is out for longer times?

- Do not open the refrigerator or freezer. Tell your little ones not to open the door. An unopened refrigerator will keep foods cold enough for at least a couple of hours.
- If it appears that the power outage will be more than two to four hours, pack refrigerated milk, dairy products, meats, fish, poultry, eggs, gravy, stuffing

and leftovers into your cooler, surrounded by ice.

- If you go to bed and the power is still not on, pack your perishables into your coolers and put as much ice as you can in the cooler.
- Have flashlights handy to provide needed light.
- Try not to use candles -- they increase the chance of a home fire.

### Flood safety tips:

- Contaminated floodwaters lead to a greater possibility of infection. Stay out of the floodwater as much as possible.
- Stay out of any area if floodwaters remain. In buildings, floodwaters often undermine foundations, causing sinking. Floors can crack or break, and buildings could collapse.
- Use battery-powered lanterns or flashlights.
- Keep your radio on and listen to the advice of local officials.

For information on how you can keep your family safe during storm periods, go visit the American Red Cross national Web site at [www.redcross.org](http://www.redcross.org).

## Correction

Last week, in the page 3 "Bluejacket" article reprinted from *Lifelines*, "Stretch your food dollar with the DeCA Commissary Web site," it was incorrectly stated that Reserve personnel have access to the commissary up to 24 times per year. Actually, with the President's signing of the National Defense Authorization Act for Fiscal Year 2004, the following members and their family members are permitted unlimited access to commissary stores:

- Members of the Ready Reserve (which includes members of the Selected Reserve, Individual Ready Reserve and Inactive National Guard) and members of the Retired Reserve who possess a Uniformed

Services Identification Card;

- Former members eligible for retired pay at age 60 but who have not yet attained the age of 60 and who possess a Department of Defense Civilian Identification Card; and
- Family members of the personnel described above who have a Uniformed Services Identification Card or who have a distinct identification card used as an authorization card for benefits and privileges administered by the Uniformed Services.

Guard and Reserve members were authorized only 24 commissary shopping days per calendar year until the signing of the National Defense Authorization Act, which contained provisions eliminating the restrictions.



americasupportsyoudm

★ **AMERICA SUPPORTS YOU** is a nationwide program launched by the Department of Defense to recognize citizens' support for our military men and women and to communicate that support to members of our Armed Forces at home and abroad.

★ **AMERICA SUPPORTS YOU** will spotlight what Americans are doing all across the land. Participants can join the team at the [AmericaSupportsYou.mil](http://AmericaSupportsYou.mil) website, share their stories of support with the nation and the troops, and download program materials. Military members will access the web and learn about America's support for their service.

★ The **AMERICA SUPPORTS YOU** dog tag, emblazoned with the America Supports You logo, is the official emblem of the program. It serves as a visible force multiplier in projecting the message that America supports our military men and women.

Here's how you can join the **AMERICA SUPPORTS YOU** effort:

- ★ Register your support for the troops at the [AmericaSupportsYou.mil](http://AmericaSupportsYou.mil) website.
- ★ Help spread the **AMERICA SUPPORTS YOU** message through display and dissemination of promotional posters, brochures and logo items, which are available in downloadable formats.
- ★ Distribute **AMERICA SUPPORTS YOU** dog tags within your organization.
- ★ Include **AMERICA SUPPORTS YOU** themes in your materials, publications, special events and activities, conferences, and speeches.





## Quote noted

In spite of the cost of living, it's still popular.  
-- Kathleen Norris, U.S. writer

Beyond its entertainment value, "Baywatch" has enriched and, in many ways, helped save lives. I'm looking forward to the opportunity to continue with a project which has had such significance for so many.

-- David Hasselhoff, U.S. actor

I'm going to speak my mind because I have nothing to lose.  
-- Sam I. Hayakawa, U.S. senator

What a delightful thing is the conversation of specialists! One understands absolutely nothing and it's charming.  
-- Edgar Degas, French painter

You know, sometimes, when they say you are ahead of your time, it's just a polite way of saying you have a real bad sense of timing.  
-- George McGovern, U.S. senator and presidential candidate

They never taste who always drink; they always talk, who never think.  
-- Matthew Prior, British writer

## The Bluejacket

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Stablemaster Regina Pearson is looking forward to the improvements now underway and those to come. She has four horses of her own.

## Lazy Anchor Ranch prepares to ride again...but not into the sunset

Story and photos  
by Wayne Smith

The Lazy Anchor Ranch riding facility, run by the base MWR, is getting some much-needed renovations. One project already underway is a replacement stable that will house 24 horses when completed.

Present stable buildings are scheduled for improvements soon also, with new roofs and siding.

The riding facility is presently filled to capacity for the stabling of 104 privately-owned horses.

Since the property was turned over to the city of Millington several years ago, MWR has leased back the ranch buildings and grounds. Approximately 285 acres are available for pastures and trails for riders and their animals.

Lazy Anchor has two of its own horses available to reserve for private lessons. For more information, call the ranch at 872-3656.



MWR carpenter Richard Stevens measures carefully and cuts support beams for the new stable to replace the old building that was in very poor condition.



Madison Pickard, age six, rides her four-year-old paint, Ember, which she has had since the horse was four months old.



MWR carpenter Randy Brown works on the metal roof of the replacement stable structure which will be home to 24 horses. For the remaining 82 horses, other current buildings are also slated for improvements.

## Husbands live out their NASCAR daydreams on local track

Story and photos by Jo Ann  
Taylor and Lisa Bayorek

Several Navy wives living in base housing on board NSA Mid-South wanted to do something special for their husbands for Father's Day last month. At the same time, a local church's theme for their Sunday sermon was NASCAR racing, and included real NASCARs on display with information on how to get certificates to drive a NASCAR at the Race-On facility located at Memphis Motorsports Park here in Millington.

The wives were onto the idea in a flash. Lisa Bayorek, Chryssi Mercer and Crissi Collie worked together to make Father's Day extra special for their husbands, HM2 Charles Bayorek, YN1 Darrel Mercer (both stationed at Navy Personnel Command) and DC1 Michael Collie (assigned to Navy Recruiting Command). "The atmosphere is just like at a



NASCAR race," said HM2 Bayorek, who is an ardent NASCAR fan. "This was the best Father's Day present my wife could have given me. I had no idea that something like this was even available! I would say to anyone, if you ever get the chance to do something like this, GO! It's a unique experience and definitely worth it."

Race-On provides instruction to the customer in driving a NASCAR race car themselves at the Memphis Motorsports Park, or they can go riding with a professional driver. Military can get a 10 percent discount through the ITT Office, located in the Helmsman Complex.



HM2 Bayorek slides into his NASCAR. From this point, the assistant straps him in, gives a last review of all instruments, etc., and Bayorek's ready to ride.



Bayorek and his son, C.J. (perched on roof of car), are ardent NASCAR fans. C.J. is already donning NASCAR sportswear.



After an hour's worth of training, which included general rules and safety in driving on a race track, (from left) Bayorek, Mercer and Collie are suited up to burn rubber.



It's your Father's Day present, so go, Daddy, go!

## War College taking applications for Millington seminar

The Naval War College's (NWC) College of Distance Education will again offer its Fleet Seminar Program in the Millington area.

This academic year (August '05-May '06), "National Security Decision-Making" will be offered on Tuesday evenings, and "Strategy and Policy" will be offered on Wednesday evenings. This highly-acclaimed program parallels, to a major degree, the course of study followed by students in the College of Naval Command and staff in Newport, R.I.

Three-hour classes are held in the evening (one night per week) for 35 weeks. Each seminar is led by a top-quality adjunct faculty member from the local area. Stu-

dents can earn an NWC diploma, Joint Professional Military Education Phase I credit, and up to 21 graduate credit hours. All books and materials are provided on a loan basis, and there is no tuition charge.

Enrollment is open to Navy, Marine Corps and Coast Guard members O-3 or above, Army/Air Force O-4 or above, or Defense Department civilians GS-11 or above. All applicants must possess a baccalaureate degree.

Call Lt. Cmdr. Ponce Clay at (901) 874-4100 (DSN 882) or e-mail ponce.clay@navy.mil for more information. Applications are online at cde.nwc.navy.mil. Applications are due by July 29.



Wayne Smith photo

**Navy Lodge rooms: you can always count on quality.**

## Stay at a Navy Lodge during your family vacation

Still thinking about your summer vacation plans? Don't forget: the Navy Lodge has locations at many terrific vacation destinations. Whether it's a beach holiday or travel overseas, the Navy Lodge is the perfect place to stay for a weekend or for the week.

"Staying at the Navy Lodge also offers the convenience of being near all the base amenities," said Susan Jicha, Navy Lodge manager on board NSA Mid-South. "You can visit the Navy Exchange for sunblock, snacks or batteries. The MWR ticket Office also has discounted tickets for the area attractions at great prices, including golf courses and pools."

Navy Lodges are on average 40 percent less expensive than comparable civilian accommodations, but still have all the same amenities. Every guest room is oversized with air conditioning, cable TV with HBO, a DVD or video cassette player, direct-dial telephone service, vending machines, video or DVD rental service and guest laundry facilities, as well as handicapped-accessible and non-smoking rooms. Free local calls, free in-room coffee and newspapers as well as convenient on-base parking are also available during your stay.

To make reservations for your vacation or to receive a Navy Lodge directory, call 1-800-NAVY-INN, 24 hours a day, seven days a week; or go online at [www.navy-lodge.com](http://www.navy-lodge.com). Once you make a reservation, you cannot be bumped from your room. Reservation and room assignments are accepted on as-received basis without regard to rank.



JO1 Teresa J. Frith photo

**U.S. Master Chief Petty Officer of the Navy Terry Scott (left) stands with Japanese Master Chief Petty Officer of the Japanese Self-Defense Force Ikuo Saga. Saga visited Navy Personnel Command on board NSA Mid-South recently to view the selection board process and to learn about detailing processes.**

## Japanese Senior Enlisted Advisor observes U.S. Navy training, procedures at NPC

**By JO1 Teresa J. Frith  
NPC Communications**

U.S. and Japanese Sailors got the chance to compare policies and procedures last month when Master Chief Petty Officer of the Japanese Self Defense Force (MCPOM) Ikuo Saga visited Navy Personnel Command on board NSA Mid-South to observe U.S. Navy detailing and promotion procedures. Saga, a 33-year navy veteran, is Japan's first MCPOM.

Saga was chosen for the position in 2002, but his position wasn't officially activated until April 1, 2003. During that time, he was busy putting together and setting up the Japanese Command Master Chief (CMC) program.

"It took a year to set up the CMC program," said Saga. "We had to decide how many we would need, who would be chosen and where they would be needed."

Prior to his selection to MCPOM, Saga served in several positions aboard nine Japanese ships between 1972 and 2002. He has also attended training as a fire control technician, missile system technician; attended computer and system display maintenance training; an ANUYI-7 operation and maintenance course; guided missile school, AEGIS Combat System training; and has taught Combat Direction Training.

Saga said that he was very impressed with the things he has seen during his visit.

"My visit has been quite interesting," said Saga. "The way the U.S. Navy handles some things is very different than Japan. For example, U.S. Navy recruits spend eight weeks in boot camp, while Japanese recruits spend four months in their initial training phase."

Before coming to Millington, Saga was guest of honor at a Great Lakes Recruit Training Center, Great Lakes, Ill. recruit graduation. He said that he likes the new "all-in-one"-style barracks that feature sleeping, eating, and training areas all in the same building. He was also impressed with the endurance

and abilities of Sailors running Battle Stations, the all-night exercise that all recruits must pass in order to graduate from boot camp.

Promotions are also done differently in the Japanese navy. Japanese selection boards are made up of only officers, while the U.S. Navy selection boards contain both enlisted and officers.

"Senior enlisted Sailors in the U.S. play a greater role and have more responsibility for determining who gets promoted," said Saga. "In Japan, senior enlisted Sailors can only recommend who should be promoted."

Japanese enlisted Sailors eligible for promotion are advanced twice a year on January 1 and July 1. As in the U.S., petty officer candidates are required to take a test in order to be promoted. However, when they go up for chief petty officer and above, they go before a selection board, whereas U.S. Navy candidates for chief petty officer must pass a written test, as well as a board.

Another big difference is how high year tenure (HYT) is handled. While the U.S. Navy has specific guidelines based on years of service, the Japanese Navy's HYT is based on age. As long as a Japanese Sailor is promoted to third class petty officer by the time he or she is 35 years old, they are permitted to stay in the Navy until they reach 54 years of age.

While in Millington, Saga observed the chief petty officer selection board proceedings and sat with some of the enlisted detailers to see how U.S. Sailors are detailed into their jobs. Saga will take the information he has gathered back in a report to his Maritime Staff Officer, the Japanese version of the U.S. Navy Chief of Navy Operations.

"I have gotten a lot of good ideas from my visit," said Saga.

"But it will take time to sort out the information and decide on any changes in Japanese Navy policies and procedures."

Saga's next scheduled stop was Port Hueneme, Calif. to meet three Japanese ships: the JDS Myoko (DDG 175), the JDS Makinami (DD 103) and the JDS Akebono (DD 108), that were heading there for a port visit.

## 'Military Idol' opens competition for Army vocalists

**By Tim Hipps  
Special to American Forces  
Press Service**

So you think you've got what it takes to be the next Carrie Underwood or Bo Bice? Perhaps you fancy yourself more along the lines of Fantasia or Ruben Studdard. "Military Idol" will give military members a chance to sing their songs like their "American Idol" predecessors on 34 Army installations around the world this summer. Performers have until July 22 to get involved in the competition based on the principles of Fox television's "American Idol" show.

Local Military Idol competition will begin Aug. 1 and continue through Sept. 30. The finals week is set for Oct. 17 through 22, when local winners will compete at Alexander Hall

on Fort Gordon, Ga.

Could you be the first Military Idol? Eligible contestants must be on active duty military status assigned to the local hosting installation, including members of all branches of service assigned on the installation. Active duty soldiers not assigned to the installation where they will compete also are eligible, but they must provide their own transportation.

Only vocalists need apply—there's no place in this contest for musicians, comedians, dancers, jugglers, etc. Installation-level prizes include \$500 and temporary duty costs covered to compete in the Armywide finals for the first-place winner, along with \$500 in unit funds. Second-place performers will receive \$500, and third-place performers will receive \$250. The Pentagon Channel will air a 90-minute live broadcast of the Military Idol finals.

Here's a list of the local installations where Military Idol will be contested: Fort Myer, Va.; Fort McCoy, Wis.; Fort Leonard Wood, Mo.; Fort Carson, Colo.; Fort Lewis, Wash.; Fort Lee, Va.; Fort Eustis, Va.; Fort Sam Houston, Texas; Fort Sill, Okla.; Fort Irwin, Calif.; Fort Huachuca, Ariz.; Fort Jackson, S.C.; Fort Knox, Ky.; Fort Bragg, N.C.; Fort Gordon, Ga.; Fort Rucker, Ala.; Hohenfels, Wurzburg, Baumholder, Heidelberg, Weisbaden, Bamberg, Hanau, Ansbach and Darmstadt, Germany; Belgium; Camp Casey, Camp Walker, Yongsan, and Camp Humphreys, Korea; Schofield Barracks, Hawaii; Fort Richardson, Alaska; and Camp Zama, Japan. Complete rules of the contest are available online at the competition's Web Site.

*Tim Hipps is assigned to the U.S. Army Community & Family Support Center.*

## July: the month that roars

Last week when the thermometer was hovering close to 100 degrees, Audra (left, age 6) and Cameron Wold (age 10) were out braving the heat at the Capehart Housing playground on Savitz Drive. Their parents, OS1 Leroy Wold (U.S. Coast Guard) and Kristi Wold, were on hand to ensure they wore their ballcaps and didn't get overexposed to the sun's rays.



Pam Branch photo

## Sponsor Training Workshop with FFSC

The Command Sponsor Program is designed to facilitate the adaptation of the service members and family members to a new working and living environment. A good sponsor helps to expedite the newcomer's ability to become a productive member of the receiving command. The Sponsor Training Workshop, to be held July 21 from 1-2 p.m. in the Fleet and Family Support Center classroom 2, will teach sponsors how to help incoming personnel overcome relocation difficulties and worries associated with the PCS move. Each command should have their assigned sponsors attend this training. Call 874-5075 to register.





Navy Recruiting Command's Billy Ray Cowan (right) beats the tag at home plate in CNRC's victory over the "Aviation" team from Navy Personnel Command in the NSA Mid-South Intramural Softball Championship game.



CNRC's James Perrine takes a monster swing.



Terence Phillips (left) of the Xcelerators receives congratulations from his teammates after his two-run homerun with two outs in the bottom of the fourth inning.

NSA Mid-South Intramural Softball:  
**CNRC Xcelerators defeat  
NPC Aviation team, 13-3**

Photos by PH3 Joseph M.  
Buliavac  
Navy Recruiting Command

NSA Mid-South Intramural Softball league action came to a close recently with the Navy Recruiting Command (CNRC) Xcelerators taking first place with a win over Naval Personnel Command's Aviation team, 13-3. CNRC finished losing only two games during the regular season. During the playoffs they gave up 10 runs, while scoring an amazing 60 runs in four games.

"We were confident when we made it to the final round," said team manager Walter Beeghly.

The Xcelerators started slow, falling behind by two runs in the top of the second inning. In the bottom

of the fourth inning the scoring giant awoke and began playing in the same fashion they had all season, highlighted by a two-run homer by Terrence Phillips in the bottom of the fourth inning with two outs.

By the end of the fourth inning the Xcelerators were leading 10-2. Phillips ended the game going two-for-three with one homerun, two runs batted in, and two runs. Another notable accomplishment was by Matt Hinkle, going five-for-five with four runs.

The Xcelerators also had a strong game in the field. Their gloves scooped up almost every ball hit in the infield, and caught fly balls in the outfield with ease.

"That's what I was really happy about, our play in the field," said Beeghly.



Xcelerators' first baseman, Nick Shields, shags a pop fly in foul territory.



Xcelerators' third baseman, Russ Morrow, fires the ball over to first base for an out in CNRC's victory over the "Aviation" team.

No-frost cakes save time for more summer shenanigans

By Pam Branch

**Orange Pound Cake**

1-1/2 cups butter or margarine, softened  
3 cups sugar  
5 eggs  
3-1/2 cups self-rising flour  
3/4 cup plus 2 T. milk  
1/4 cup orange juice  
1 tsp. each: vanilla, almond extract  
2 T. grated orange rind  
Cream butter; gradually add sugar, beating at medium speed of mixer until light and fluffy. Add eggs, one at a time, beating after each addition. Add flour to creamed mixture alternately with milk and orange juice, beginning and ending with flour. Mix just until blended after each addition. Stir in flavorings and orange rind.  
Pour batter into greased and floured 10-inch tube pan. Bake one hour and 25-30 minutes at 325 degrees or until center tests done. Cool cake in pan 10 minutes; remove from pan and cool completely on wire rack.

**Chocolate Chip Cake**

1 cup each: raisins, semisweet chocolate chips, chopped pecans  
1 T. flour  
1 box Swiss chocolate cake mix  
4 eggs

1 (8-oz.) carton sour cream  
1/3 cup each: water, vegetable oil  
1 tsp. vanilla  
Powdered sugar  
Dredge raisins with flour; set aside.  
Combine cake mix and next five ingredients; beat two minutes on medium speed of mixer. Add raisins, chocolate chips and pecans; stir until combined.  
Pour batter into greased and floured 10-inch tube pan. Bake 45-50 minutes at 350 degrees or until center tests done. Cool in pan 10 minutes; remove from pan and cool completely on wire rack. Dust with powdered sugar.

**The Cupboard**

**Aunt Millie's Chocolate Pound Cake**

1 cup each: butter or margarine, softened; buttermilk; chopped pecans  
1-1/2 cups sugar  
4 eggs  
9 oz. milk chocolate candy bar, melted  
2-1/2 cups self-rising flour  
1 (5-1/2 oz.) can chocolate syrup  
2 tsp. vanilla  
Powdered sugar  
Cream butter; gradually add sugar, beating well at medium speed of

mixer. Add eggs, one at a time, beating after each addition. Add melted candy. Add flour to chocolate mixture alternately with buttermilk, beginning and ending with flour mixture. Mix just until blended after each addition. Add pecans, syrup and vanilla, blending well.  
Pour batter into greased and floured 10-inch tube pan. Bake 75 minutes at 325 degrees or until center tests done. Cool in pan 15 minutes; remove from pan and cool completely. Sift a small amount of powdered sugar over top of cake.

**Millionaire Pound Cake**

1 lb. butter or margarine, softened  
3 cups sugar  
6 eggs  
4 cups self-rising flour  
3/4 cup milk  
1 tsp. each: vanilla, almond extract  
Cream butter; gradually add sugar, beating well at medium speed of mixer. Add eggs, one at a time, beating after each addition.  
Add flour to creamed mixture alternately with milk, beginning and ending with flour. Mix just until blended after each addition. Stir in flavorings.  
Pour batter into greased and floured 10-inch tube pan. Bake one hour and 40 minutes at 400 degrees or until center tests done. Cool in pan 15 min-

utes; remove from pan and cool completely on wire rack.

**Tessie's Pound Cake**

1-3/4 cups sifted cake flour  
2 tsp. baking powder  
1/4 tsp. each: salt, ground cinnamon  
3 T. cocoa  
3/4 cup sugar  
1/2 cup each: vegetable oil, evaporated milk  
1 T. vanilla  
4 egg whites, stiffly beaten  
Spray 8-1/2x4-1/2x3-inch loaf pan with vegetable oil; dust with flour and set aside.  
Combine first six ingredients. Add oil, milk and vanilla; beat at medium speed of mixer until batter is smooth (batter will be very thick). Add 1/3 of the egg whites and stir gently; fold in remaining egg whites.  
Pour into prepared pan. Bake 45 minutes at 350 degrees or until center tests done. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack

**Crusty Cream Cheese Pound Cake**

1 cup butter or margarine, softened  
1/2 cup shortening  
3 cups sugar  
1 (8-oz.) pkg. cream cheese, soft-

ened  
3 cups sifted cake flour  
6 eggs  
1 T. vanilla  
Cream butter and shortening; gradually add sugar, beating well at medium speed of mixer. Add cream cheese, beating well until light and fluffy. Alternately add flour and eggs, beginning and ending with flour. Stir in vanilla.  
Pour batter into greased and floured 10-inch tube pan. Bake 75 minutes at 325 degrees or until center tests done. Cool in pan 10 minutes; remove from pan and let cool completely on wire rack. Can be served plain or topped with fruit (fresh or frozen) and whipped topping.

*Don't forget to send your favorite recipes to the Public Affairs Office, NAVSUPPACT Mid-South, building S-455, Room 137, 5722 Integrity Drive, Millington, TN 38054-5045. Inputs may also be e-mailed to [pam.branch@navy.mil](mailto:pam.branch@navy.mil). Provide your name, office where you work or relevant information if you're retired, and a daytime phone number where you may be reached if there are any questions. Please include any stories relating to the recipe and they'll be printed in The Bluejacket, space providing.*